

Germs, your skin & your health

TAKING CARE OF WOUNDS THAT ARE DRAINING OR HAVE NOT HEALED

How to change your own bandage:

- Get a trash bag
- Gather your supplies for changing the bandage



- Wash your hands with soap and hot water or use alcohol-based hand sanitizer
- Put on clean gloves just before touching

the skin around the wound

- Do not touch any other person while changing the bandage
- Do not touch other body parts, furniture, or anything else while changing the bandage
- Put used bandages in the trash bag
- Wash your hands with soap and water or use alcohol-based hand sanitizer
- Put on clean gloves
- Follow the directions from the medical section for changing the bandage
- Put any dirty supplies, such as “Q-tips,” in the trash bag
- Take off the gloves and put them in the trash bag
- Close the trash bag and put the bag in

the common garbage

- Wash hands again, even if you wore gloves

When to change a bandage:

- As often as the doctor or nurse tells you
- Any time that you can see pus or drainage on the bandage
- Any time the bandage gets wet

How to keep other people from getting sores:

- Keep a bandage on a draining wound all the time
- Do not permit inmates to touch other persons until the sore has stopped



draining and has healed

- Do not permit inmates to share equipment like exercise equipment or personal items like towels until the wound has stopped draining and has healed
- **Wash hands frequently or use alcohol-based hand sanitizer**